

**Gender differences in physical activity and sport demanded by adult population of Community of Madrid**

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Different studies have shown specific gender differences in the sport habits of spanish adult population (García y Llopis, 2011; Moscoso *et al.*, 2009; Martínez del Castillo *et al.*, 2005). The aim of this communication is to identify differences between women and men in the characteristics of physical activity and sport demanded by adult population of the Comunidad de Madrid who don't practice but they would like to practice physical activity or sport. The communication presents part of the results of the study DEP2010-19801/Plan Nacional I+D+i 2010-2013.

The methodology has consisted of the accomplishment of interviews face to face to a probability and representative sample of the Comunidad de Madrid adult population between 30 and 65 years old (n=340), randomly selected using multistage sampling. The participants completed a questionnaire which included questions related to the demanded activity, way of organization, space and price, as well as answered questions on demographic variables and type of demand for physical activity

30.4% of women and 27.4% of men interviewed don't practice physical activity or sport but they would like to practice. There are significant gender differences ( $p<0.001$ ) in the way of organization demanded (Men 40% solo; Women 49.1% Organized by municipalities), the space demanded (Women 56.4% Sports facility and 20% Center with Sports facility; Men 31.9% Urban outdoor) and in the demanded activity monthly expense: women spend more (22€) than men (14.68€).

The activities most demanded by women are swimming (21.8%), fit gymnastics (16.4%), aerobics (16.4%), pilates (7.3%), running (7.3%) and muscle&fitness (7.3%); most of them wish indoor fitness/wellness group exercise (76.4%). The activities most demanded by men are running (16.3%), cycling (12.2%), muscle & fitness (12.2%), football (12.2%) and walking (10.2%).

**Keywords:** gender differences, sport demanded, adult population.

Sociology and Sport in Face of New Challenges

Álvaro Rodríguez Díaz, David Moscoso  
Sánchez, Jesús Fernández Gavira (Eds.)  
in collaboration with Francisco Pires Vega and Jose Viñas Rodríguez

# **Sociology and Sport in Face of New Challenges**

Book of Abstracts. 10<sup>th</sup> Conference of the  
European Association for Sociology of Sport

